

Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

CM: Lunch Served at Noon/ Breakfast Served at 10:00am



Monday	Tuesday	Wednesday	Thursday	Friday
				1 MOW: PICANTE CHICKEN , Red Potatoes, Green Beans, Tropical Fruit & Roll
4 MOW: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Peaches & Roll	5 MOW: BBQ RIBLET , Mac & Cheese, Pork-N-Beans, Orange Wedge, Cookie & Roll CM: CREAM OF BROCCOLI SOUP , Grilled Cheese & Fruit	6 MOW: MACARONI & BEEF , Corn, Cottage Cheese, Pears & Roll	7 MOW: FISH , Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll CM: PORK CHOP , Potatoes & Gravy, Mixed Vegetables, Applesauce & Roll	8 MOW: HAM SANDWICH , Potato Salad, Apple Slices & Chips
11 Veteran's Day Center Closed 	12 MOW: CHICKEN CUTLET , Potatoes & Gravy, Peas, Peaches & Roll CM: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Peaches & Roll	13 MOW: BEEF STROGANOFF OVER NOODLES , Green Beans, Pears, Cottage Cheese & Roll	14 MOW: LASAGNA , Corn, Green Salad, Mandarin Oranges & Garlic Toast CM: CHICKEN FAJITAS , Shredded Lettuce, Chips & Salsa	15 MOW: SALISBURY STEAK , Potatoes & Gravy, Carrots, Tropical Fruit & Roll
18 MOW: HAM , Potatoes & Gravy, Carrots, Pineapple, Cookie & Roll	19 MOW: BEEF STEW , Tator Tots, Green Beans, Tropical Fruit, Cookie & Roll CM: **10:00AM BREAKFAST** BISCUITS & GRAVY , Hashbrowns, Eggs, Fruit & Juice/ Milk	20 MOW: ROAST BEEF , Potatoes & Gravy, Peas, Apple Pie & Roll	21 MOW: MANDARIN ORANGE CHICKEN OVER RICE , Egg Roll, Stir Fry Vegetables, Orange Wedge & Roll CM: TURKEY DINNER W/ TRIMMINGS	22 MOW: STUFFED GREEN PEPPERS , Red Potatoes, Mixed Vegetables, Peaches & Roll
25 MOW: CHICKEN FRIED STEAK , Potatoes & Gravy, Carrots, Peaches & Roll	26 MOW: TURKEY W/ DRESSING , Potatoes & Gravy, Peas & Carrots, Fruit Salad, Pumpkin Pie & Roll CM: FISH , Au Gratin Potatoes, Carrots, Jell-O W/ Fruit Cocktail & Roll	27 MOW: CHEF SALAD W/ RANCH , Orange Wedge & Crackers	28  <div><p>Our office will be Closed Thursday & Friday for Thanksgiving Holiday.</p></div>	
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SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00